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APRIL 2015

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ON HER DREAM FOR WILDLIFE

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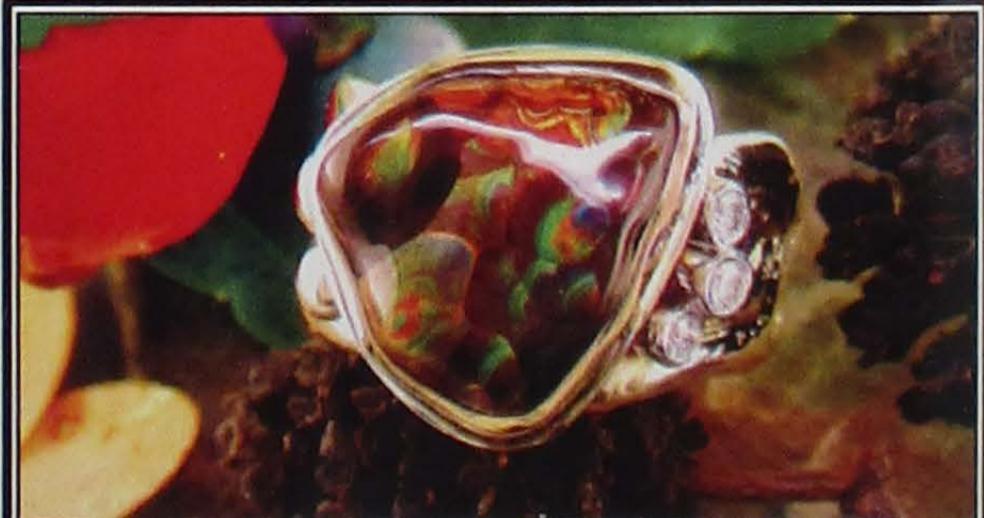
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ON THE COVER: Masks made by artist Molly Nagel for her thesis exhibit inspired "All Species, One Earth" event co-leaders Marlene Ehresman and Mark Widrlechner to create the event. Photos of masks courtesy of Kevin Cavallin and Iowa Wildlife Center

EDITOR'S NOTE

In elementary school my classmates and I were taught about the water cycle and other ways the Earth naturally recycles. We were then presented with the motto: reduce, reuse, recycle. The teaching lesson always seemed to center around the 'big picture.' Back then, about 15 years ago, we watched videos about what happens to animals when trash, that could have been recycled, is discarded in their natural habitats. Fish and birds get trapped in the plastic six-pack pop rings. We were introduced to the massive garbage islands floating around in the oceans. We were learning and hopefully becoming concerned about deforestation for paper production and other wood needs.

After all this exposure to 'what happens when you don't recycle,' you would think all the 10-year-olds in the room thought the world was going to end. I can't speak for my classmates, but I was determined to change.

My family has always recycled or did what we could to reduce our physical impact on the land and water. I grew up learning about separating my recyclables: glass, tin, plastic by number, office paper, colored paper, newspaper. Over the years recycling has become less labor intensive for the consumer. Now, the office paper, colored paper and newspaper can go together. In many communities all your recycling can go in one bin and is separated in local facilities then shipped out to the plants.

I am so excited to live in a time where we are realizing, that in our fast-paced, consumer world, we need to be more proactive in the use and reuse of our resources. And that something is being done. More and more people are speaking out and being active in the cause for reducing our carbon footprint, protecting wildlife habitats from human development, promoting natural and organic alternatives, and taking the chemicals back out of our everyday lives.

The question I pose to you, the reader: What are going to do for Earth Day? Will it be just another day, will you make a resolution, will you make the decision to become more proactive about what you can do to reduce, reuse and recycle?

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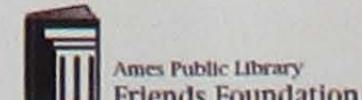
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Pedaling FOR A clean future

BY ROXANNE DASS
Contributing writer

Iowans hear every day how important recycling is. It will help reduce waste in our nation's landfills, it will conserve natural resources and reduces our carbon footprint. Iowans have listened. According to the Iowa Department of Natural Resources, as of 2002, 35 percent of all waste generated in Iowa was recycled, equivalent to 1.2 million tons of waste annually. As more Iowans consider recycling, a small business in Ames is working to create an environmentally friendly recycling program.

In 1997, Spenser Vilwock founded Cycles Recycling, a bicycle-powered curbside recycling program. Vilwock eventually sold the start-up and seven years after the recycling program began, Bronwyn Beatty-Hansen began to manage the company, eventually buying it.

"The owners after Spenser began using a van to pick up recycling," said Beatty-Hansen. "When I bought it, I wanted to turn it back into a bicycle-based business because Ames is so well suited for it."

Beatty-Hansen said she wanted to go back to Cycles' roots because bicycles have very little impact on the environment.

"Rather than using gas-powered engines to pick up waste, we use clean burning human power," she said.



Cyclist with Cycles Recycling pull bins on a specially-made cart with a bike in rain, snow, sleet and sun. Photo contributed by Bronwyn Beatty-Hansen

Beatty-Hansen, a native of Emmetsburg, came to Ames to attend Iowa State University. She stayed, because of what the community had to offer, including the ability to bike around town.

"Ames was the perfect town to start a bicycle business," she said. "We have a lot of community support."

Jess Roberts Calhoun moved to Ames from California four years ago and has been a customer of Cycles Recycling from day one. Calhoun said she was surprised

other waste services in Ames didn't offer recycling services.

"I was searching for recycling services, just (Google searched) it and that's all that came up," she said.

While the City of Ames uses a Resource Recovery Plant that automatically separates recyclables from residents' trash bins, and other waste services offer recycling services, Calhoun said she will still stick with Cycles Recycling.

"I have stuck with Cycles out of loyalty because it is greener," she said.

Bronwyn Beatty-Hansen, owner, Cycles Recycling, bikes through Ames as she collects recyclable materials this past summer. Photo Contributed by Bronwyn Beatty-Hansen



You don't have to be perfect, it's the little things that make a difference



Cycles Recycling cyclist Nate Logsdon braves the cold weather to collect recycling from Ames residents. Photo contributed by Roxanne Dass

Cycles Recycling currently has about 100 clients. The business operates year round, even in the snow and ice, Monday through Friday. Recyclable material is taken to Wheatsfield Co-op in Ames to transport the materials to recycling facilities.

"Cycles comes and gets our box from the curb every week and they are super reliable," said Calhoun. "They come pretty much regardless of weather. I'm not sure how they do it!"

Beatty-Hansen and Cycles Recycling owes its success, in part, to her crew of other bicycle enthusiasts, including Ames native Nate Logsdon. There are a total of six cyclists making up Cycles Recycling. The cyclists bike 10 to 15 miles per day and have recycled over 27 tons of recyclables.

"We recruit mostly by word of mouth," said Beatty-Hansen. "It's usually people who like biking and see this as a job they can do what they enjoy."

Logsdon joined Cycles Recycling for that reason.

"I like to exercise, especially biking," he said. "With this job, I get paid to work out and do what I love. At the same time, I am able to provide a service that helps reduce our carbon footprint."

As Cycles Recycling continues to grow, Logsdon looks to take over the business from Beatty-Hansen as she focuses on other parts of her life.

"I love (Cycles Recycling), but I'm done for a while," said Beatty-Hansen. "I have a full-time job at Wheatsfield and also a little girl."

Beatty-Hansen said she is confident Logsdon will make Cycles Recycling an even better business. Already, he has plans in the works for the business's future.

One plan is something customers, including Calhoun, want to see the business do: composting.

"The main piece of waste that is sent to the landfill is food waste because it is wet and can't burn," said Logsdon.

Compost is composed of green waste (leaves, and food waste) that is broken down into humus. It is rich in nutrients and is used in gardens, landscaping and agriculture.

"This is another way we can help the environment and reduce waste," said Logsdon.

Above all, Beatty-Hansen and Logsdon want Ames residents to know, everyone can make a difference.

"You don't have to be perfect, it's the little things that make a difference," said Logsdon.

You can learn more about Cycles Recycling by visiting cyclesrecycling.com

A dream come true

BY TODD BURRAS | Contributing writer

It was nearly 20 years ago when Ames resident Marlene Ehresman, a non-traditional student at Iowa State University, was crossing the stage to receive her bachelor of science degrees in fisheries and wildlife biology and environmental studies when the dean handing out diplomas asked what she intended to do with her education. Ehresman, without hesitating, said, "Develop a wildlife rehabilitation center."

It wasn't an unlikely answer coming from a woman who, in addition to being a devoted wife and mother of two boys, had spent countless time also helping Iowa's wild creatures.

In 1985, for example, Ehresman, her husband, Bruce, and veterinarian Susan Barrows, co-founded the Iowa Wildlife Rehabilitators Association, which developed an apprenticeship program that paired experienced rehabilitators with those just starting out.

A few years later, Ehresman and Daryl Howell, of the Iowa Department of Natural Resources, worked together to create the Iowa wildlife rehabilitation permit regulations by which people interested in becoming a wildlife rehabilitator would need to apprentice under

a licensed rehabilitator for one or two years, depending on the level of experience of the rehabilitator. Individuals applying for a permit also had to provide appropriate caging for the particular species with which they wanted to work.

"Prior to the establishment of this permitting system, anyone could send \$5 to the DNR and receive permission to rehabilitate native wild animals, regardless of experience, knowledge, skills or facilities," Ehresman said.

In succeeding years, Ehresman watched the number of licensed rehabilitators drop, the number of unlicensed wildlife care providers go up, two raptor rehabilitation facilities be built, a very popular Wildlife Care Option be created within the ISU Natural Resource Education and Management Department (which she co-created with Bruce Menzel) and the IWRA dissolve.

So on that fateful day at Hilton Coliseum when she received her diploma, Ehresman also felt like she had received her marching orders.

"At that moment, I felt like I was destined to start a wildlife rehabilitation center," she said. "I had gone back to college after our boys were older specifically because I

"This is the best job in the world. I'm in the presence of wonder every single day."

Marlene Ehresman, executive director, Iowa Wildlife Center



Masks made by artist Molly Nagel for her thesis exhibit inspired "All Species, One Earth" event co-leaders Marlene Ehresman and Mark Widrlechner to create the event.

Photos of masks courtesy of Kevin Cavallin and Iowa Wildlife Center



Photo
courtesy
of Kevin
Cavallin
and Iowa
Wildlife
Center

felt like I needed to do more for wildlife. But, it wasn't until that moment that I actually felt that this was to be my destiny, my legacy."

In 2010, Ehresman's destiny became reality with the incorporation of the Iowa Wildlife Center, a 75-acre parcel of land named WildWay that eventually will be home to a wildlife clinic and education center. Ehresman, who serves as executive director of the IWC, has an office at 328 Main St., No. 208, in downtown Ames where she is always happy to talk about her plans for helping Iowa's wildlife.

§ § §

Q. For those who don't know about the IWC, can you provide a thumbnail sketch of your vision, what things have been accomplished and what challenges lie ahead?

A. Our mission is three-fold: provide professional wildlife rehabilitation services for native

wildlife, provide conservation education programs and provide wildlife assistance skills training. Our vision is to offer all of these things from WildWay, eventually. At the same time, we've started building our "campus" on WildWay by erecting a 40-foot-by-100-foot steel arch building, which will be our future maintenance and storage building. In the short-term, that building will house a small office space and as well as provide space for our wild patients until we raise the funds to construct the primary office, wildlife clinic and education building. This building has largely been, and will be, constructed by volunteers and we just got the two overhead doors put on each end this winter. Also, during these early years, volunteers have tried to keep up with managing the grassland, savanna and wetland complex, which is no small task. We've held several public events on WildWay since 2010. Our tag line is, "Healing wild lives, wild land and the human spirit." If anyone works

First-ever 'All Species, One Earth' events coming to Ames

Exciting, educational and family-friendly Earth Day events will take place in Ames on April 25.

"All Species, One Earth" will be presented by the Iowa Wildlife Center, Story County Conservation, Story County Conservation Partners, Ames Parks and Recreation, Ames Public Library and the Upper Story Studio.

"All Species, One Earth" will begin at 2 p.m. with an All Species Parade in downtown Ames. The moving exhibition will not include any live animals, but instead will show off artistic interpretations as portrayed by costumed, masked or painted children and adults.

"We'll offer people of all ages a way to connect with other species that we are, in some way, dependent upon, including plants, insects, mammals, birds and reptiles," said Marlene Ehresman, executive director of the Iowa Wildlife Center.

Those interested in taking on a particular role in the parade can get help with their transformations by attending a puppet-, mask- or costume-making workshop. SCC Partners will sponsor event artist-in-residence Molly Nagel, owner of Upper Story Studio, who will lead the following classes:

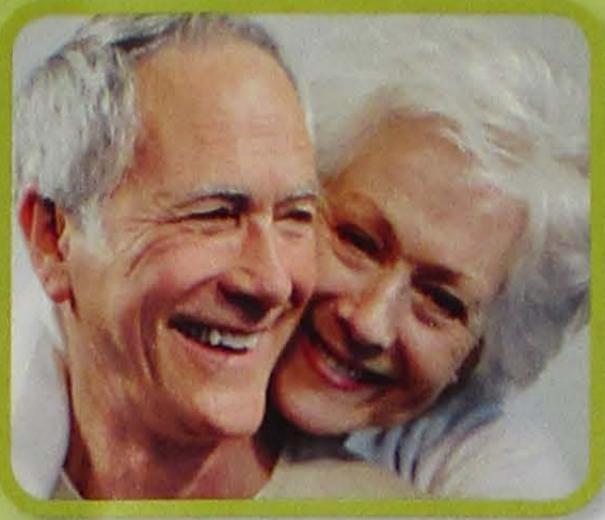
■ **APRIL 11:** 1 to 3 p.m., Big Bug Puppets, Parks and Recreation Administration Building, 1500 Gateway Hills Park Drive (sponsored by Ames Parks and Rec).

■ **APRIL 12:** 9:30 a.m. to noon, Natural Materials Mask-Making, Reiman Gardens (sponsored by Reiman Gardens).

Immediately following the parade on April 25, there will be educational exhibits at Ames Public Library. A family concert by Douglas Wood and the Wild Spirit Band, from Minnesota, will be at 7 p.m.

To register for the workshops, please contact the sponsoring organizations. For more about the event or to register for the parade or concert, contact Ames Public Library at (515) 239-5646. Those interested in becoming a sponsor should contact Ehresman at (515) 233-1379 or marlene@iowawildlifecenter.org.

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COMMUNITY



MASKS Continued from page 9

with us for very long, they understand why that's who we are. There is nothing like this in the state. Visit our website, www.iowawildlifecenter.org, or follow us on Facebook to find out more about us.

§ § §

Q. What gaps still exist statewide in providing quality rehabilitation for all species of wildlife?

A. First, while professional wildlife rehabilitation centers, with the capacity to provide rehabilitation for all, or even many, species of wildlife, have been built in numerous other states over the last 30 years, Iowa still does not have such a center. I've visited many wildlife rehabilitation centers from coast to coast and the most successful ones in terms of longevity and wildlife release rates are those staffed by a full spectrum of qualified people — from wildlife veterinarians to rehabilitators to educators to biologists to development staff to support staff, interns and volunteers — working within a well-designed facility with ample space for every aspect of their programs. Those trained professionals know how to care for bears and badgers, eagles and egrets, snakes and turtles, and they have the appropriate caging to go with each species they take in. Those centers each receive thousands of individual wild lives in need of some kind of assistance each and every year from caring people.

Second, I know that Iowa's rehabilitators operate at or beyond capacity. These people do what they do for the love of the

Marlene Ehresman, co-founder and executive director of the Iowa Wildlife Center, holds up a female fox snake that is recovering from injuries she sustained a year ago. Ehresman has been caring for the snake and will release her back into the wild if she recovers. *Photo contributed by Todd Buras*

animals. They aren't trained fundraisers, so they usually fund everything they do out of their own pocket. Every nook and cranny of their homes and acreages have been converted into space for orphan bunnies, squirrels, fawns, raccoons, owlets and ducklings. They need help before they burn out and quit. Setting limits to save lives is a very hard motto to live by.

Third, Iowa has also lost our primary method of providing continuing education for most of our state's rehabilitators with the dissolution of the state association. When IWC is fully operational, we can fill these gaps.

§ § §

Q. How do you envision the Iowa Wildlife Center collaborating with the Iowa State University Wildlife Care Clinic?

A. Our relationship with several Iowa State University departments, in general, is quite collaborative in that WildWay has been used as an outdoor classroom to give students, whether studying lichens or rescuing an oak savanna, real-world experience. I've also given programs to several classes over the years and offer internships. The collaboration with the Wildlife Care Clinic (WCC) at the Lloyd Veterinary Medical Hospital is being designed by the WCC director, Dr. Bianca Zaffarano, and me to reflect each program's strengths. Our strength is in wildlife biology and wildlife rehabilitation and theirs is in wildlife medicine. We have ample space. They have medical equipment. We have a vast network of wildlife professionals and they have a vast network of veterinarians. We both

have dedicated volunteers, and we both hope to grow our staff so we can grow our programs. They can provide surgeries and intensive care, and we can provide follow-up care and rehabilitation through release. We can house all of the non-releasable education animals that both programs may use, and they can provide veterinary care. Their veterinary students can rotate through our program, and our natural resource students can rotate through their clinic. Everyone learns to listen to, work with and be respectful of each other's skills and knowledge. The animals get the best care possible. The collaboration is evolving, and the end result not clearly seen, but it will definitely be a win-win-win.

§ § §

Q. What kinds of birds and mammals have you and your husband, Bruce, an Iowa DNR biologist, helped rehabilitate through the years?

A. We've cared for otter, various owl species, trumpeter swan, various heron species, coyote, songbirds like goldfinch and cardinal, mallard, woodpecker, hummingbird, various hawk species, skunk, rabbit, various turtle species, red squirrel, fox squirrel, various snake species and various bat species — too many to list. We even cared for a black bear cub that was part of a DNR court case. We've had several animals under our education permit, including red-shouldered hawk, merlin, ornate box turtle, big brown bat and milk snake. We raised state-endangered barn owls as part of the state's Barn Owl Restoration Program. We have lived and breathed wild lives and conservation here in Iowa all of our lives.

§ § §

Q. You've had a couple physical setbacks in the past two years that slowed momentum for the Iowa Wildlife Center's development, but now that you're recovered what are your goals for the center in 2015?

A. As soon as the weather cooperates, we'll gather volunteers and finish the exterior of our steel arch building. This summer, we'll install the

mechanical and electrical systems, insulate the interior, and build the office and restrooms. Then we can create the animal care space in the remainder of the building. While that's going on, we also want to get our raptor pre-release training cage up that a young architect from Des Moines has been designing and building a few songbird, waterfowl and small mammal cages. I'd like to throw a Wild Celebration at WildWay next fall and be able to house some rehab animals in the building over the winter. This is all dependent, of course, on funding and volunteers. People have come through so far, though.

§ § §

Q. Beyond financial contributions, which I know you'll gratefully accept, what are some other tangible ways people can help see the Iowa Wildlife Center come to fruition?

A. I'm ramping up our Wild Volunteer Program, and there are plenty of ways people can help IWC through that program including:

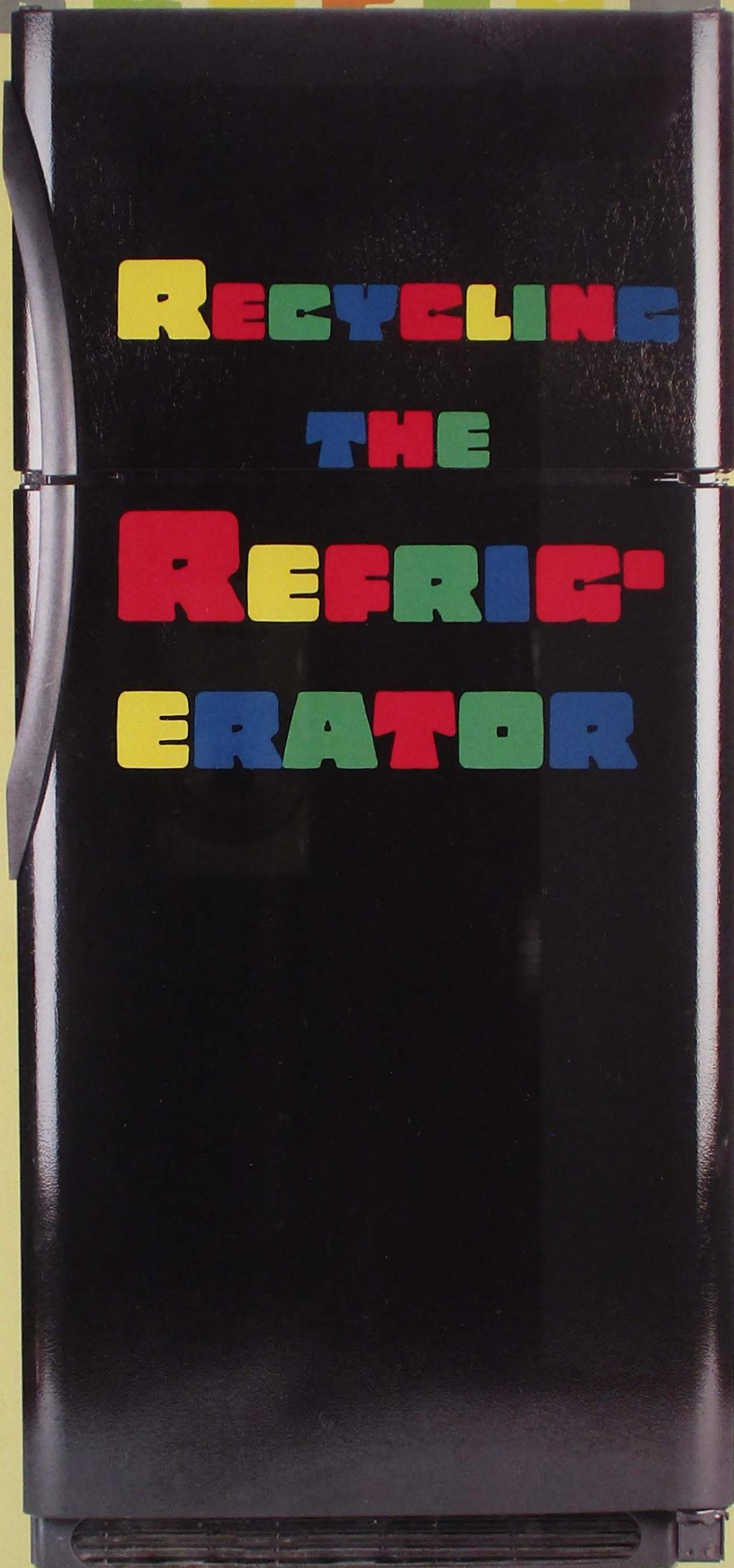
- Animal care (this program has certain restrictions, such as age).
- Field telephone calls from the hundreds of people who have some wildlife crisis.
- Keep our records and filing up-to-date.
- Help us finish our building and construct outdoor cages at WildWay.
- Help communicate with our donors and public.
- Donate your photography skills.
- Give educational programs.
- Help with events.
- Clean the office.
- Organize and mobilize the donated cages, furniture and equipment.

Volunteers are and always will be the bedrock of IWC. ... If these kinds of volunteer options don't interest people, we always need friend-raising and fund-raising opportunities, so hosting a reception can be a fun and fruitful way to help.

(Ehresman will lead a volunteer orientation from 2 to 5 p.m. Saturday, April 4. If you're interested, contact her to reserve a spot by calling (515) 233-1379 or emailing marlene@iowawildlifecenter.org.)



Photo courtesy of Kevin Cavallin and Iowa Wildlife Center



BY KAREN SCHWALLER
Contributing writer

Let's face it. From time to time, I think we've all found a bowl of something or other that we could no longer recognize when we investigated what's in the refrigerator.

I've had the same startling feeling as I've closed the door to the medicine cabinet and found a face in the mirror that resembled more of an overripe piece of fruit. I'm still okay with it, though, as long as it's not growing something fuzzy on the skin.

Today, 'going green' is as retro as it comes. When I think about that way of living, I always think of my dad. Growing up in the 1960s and '70s, Dad was the very first 'green' person I ever knew.

As a farmer, he liked the looks and sounds of a nice Oliver tractor, and even had a couple of John Deere tractors, too. And I never saw anyone work harder at saving the 'green' (cash) than he did, with a wife and seven children to support on a farmer's income.

But one thing I have to say about my dad — he was also green in the house.

Dad never wasted a bite of food. He always told us firmly that we needed to “clean up our plates,” and would make us sit there until we did. He was even the guy who scraped off the butter wrapper to get every morsel before tossing it into the trash. When I did this same thing in college, people got quite a kick out of it.

Apparently, their dads weren’t as green as my dad.

It took years after my childhood before it occurred to me that, when we had chicken for dinner, my dad was probably not the biggest fan of the chicken’s back, as pieces go. When meal time arrived, Dad would always take the back, while the rest of us took all the other more popular and meaty pieces. As a kid, I always thought it was weird that he liked that piece — but I know now after raising my own family, that he knew no one else would eat it, so he did.

Things like that were why my sister and I were so surprised at him once when we decided to get creative in the kitchen. We wanted to bake a cake, but we also must have wanted it to be something out of the ordinary. That being the goal, we put a few drops of blue food coloring in it. We thought it was a beautiful masterpiece, but after a bite or two, Dad made us throw the entire cake out, citing the fact that cake isn’t blue.

We couldn’t have been more

shocked if Lady Gaga showed up at our doorstep. We cackled quietly about it as we scraped it out of the pan and into the dog dish outside.

Every now and again, Dad would find it important to recycle the leftovers in the refrigerator that (apparently) Mom wasn’t getting used up fast enough. When he did this, he always made soup. If there were five things in the refrigerator to get used up, he called it “Number Five Soup.” If there were 10 things, he would call it “Number 10 Soup.”

We ate it, but felt like we’d been ‘Kelvinated,’ as we quietly lapped up the rejected contents of the Kelvinator refrigerator, and dreamed of eating blue cake. But it was the way Dad grew up — making something out of nothing, just like his mom did during and after the agonizing days of the Great Depression. Grandma could make gravy out of thin air.

I remember him saying more than once that (no matter what was on the menu), if we had unexpected company, we’d just ‘put a little more water in the soup’ — or he’d ‘put another potato in the soup.’ He had a sense of humor, and must have eaten a lot of soup growing up.

Dad left us a few years ago, but I do wonder if he’s tried out his “Number 10 Soup” on The Almighty since then.

Did I just hear thunder?

Every now and again, Dad would find it important to recycle the leftovers in the refrigerator that (apparently) Mom wasn’t getting used up fast enough. When he did this, he always made soup. If there were five things in the refrigerator to get used up, he called it “Number Five Soup.” If there were 10 things, he would call it “Number 10 Soup.”

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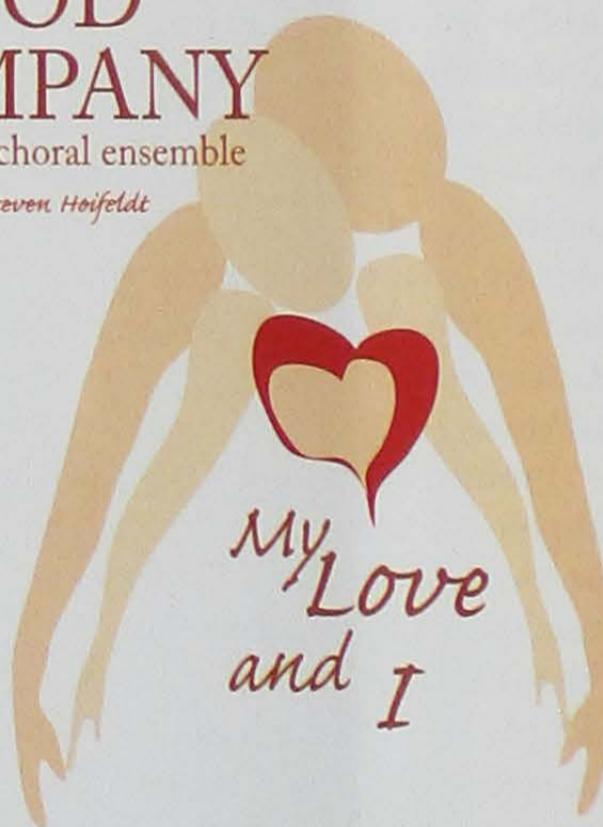


Good Company Women's Choir. Contributed photo

GOOD COMPANY

a women's choral ensemble

Directed by Steven Hoifeldt



Sunday, April 19, 2015

7:00 p.m.

With special guest singers from
Achieving Maximum Potential (AMP)

St. Andrew's Lutheran Church 209 Colorado Ave Ames

Tickets \$10 in advance at Gallery 319 and from members
\$12 at the door

On Facebook/
GoodCompanyWomensChoralEnsemble
www.goodcompanyensemble.org
(515) 232-5545

Funded in part by Ames Commission on the Arts

A choral celebration of My Love and I will be coming to St. Andrews Lutheran Church on Sunday, April 19 at 7 pm. Tickets are \$10 in advance, available at Gallery 319 on Main Street and from Good Company members or \$12 at the door. We welcome our special guests, girls from the Youth and Shelter Services, AMP (Achieving Maximum Potential) program who will be performing 2 choral pieces with us.

AMP is a youth-driven, state-wide group that seeks to unleash the full potential for personal growth among foster and adoptive children in Iowa.

Good Company, directed by Steven Hoifeldt, is a select chorus of skilled singers who take time from their professional lives to learn and perform challenging music. Since its beginning in 1993, the group has been received with great enthusiasm in central Iowa. Good Company's programs enable their audiences to experience the wide and varied repertoire available for women's choirs.

A concert may include opera selections and jazz, as well as contemporary and traditional music from many cultures. Concert-goers have often commented on how much they enjoy this variety as well as the group's enthusiasm.

Our members are talented, experienced vocalists who enjoy making music "in the company of friends."

We are excited to be sharing the beauty of choral music while continuing to learn and grow as individual artists.

Roll Out the Barrel:

Great gadget for a green gardener

BY JAN RIGGENBACH
Contributing writer

At a horticultural trade show, I was surprised to hear one of the panelists bad-mouthing rain barrels.

"Why would anyone bother with an \$80 rain barrel when water is so cheap?" the landscape professional asked rhetorically.

But he's missing the whole point of rain barrels. It's not about the dollars, although even a modest savings is a plus.

From a gardener's point of view, it's primarily about having a supply of good quality water to help keep plants flourishing. Any gardener who has had to nurse plants through a drought knows that plants just sit there and sulk when all drinks come from a hose week after week. That's because both city water and well water tend to be too alkaline to suit plants. Many water supplies also contain chlorine and other chemicals that suppress plant growth.

For decades, I've collected water from the roof of the house and outbuildings in rain barrels and tanks. Overflow hoses direct water to plants that require extra moisture.

I depend on this captured water for container plants, which must be watered daily. They thrive when only rainwater is used. It also is particularly welcome for filling the water garden, helping keep both the plants and fish healthy and eliminating any

need to adjust the pool's pH.

From a taxpayer's point of view, rainfall-retention receptacles such as rain barrels and rain gardens relieve pressure on the sewer system.

From the point of view of those who love nature, the receptacles help keep storm-water runoff laden with fertilizers and pesticides from rushing into our streams and rivers, polluting the water and killing fish.

Rain barrels come in an array of colors and sizes, some quite handsome. Ask first at local garden centers. Then look on the Internet. To get started, see www.rainbarrelguide.com. You can also find extensive information, including directions to make your own, at www.harvesth2o.com/resources.shtml.

You're likely to encounter a few challenges when setting up a rain barrel. First, you'll need a hacksaw to cut the downspout to fit the rain barrel. Also, most commercially-available barrels, which have a capacity of 60 gallons or less, fill up quickly from a home downspout in a heavy downpour. One solution: Select one that comes with a water diverter kit to channel water back to the downspout for dispersal away from the house when the barrel is full. Another option: link several barrels together, or direct the overflow to a rain garden.

Mosquitoes squeeze into the openings of my own rain barrels and tanks to lay their eggs, but that problem is easily solved: We just slip a Mosquito Dunk into each container periodically.

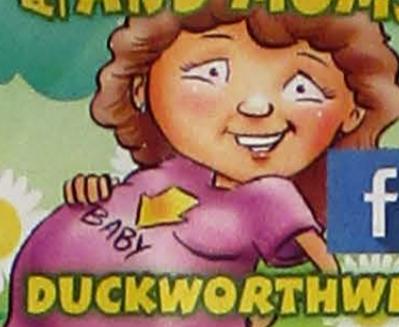
Rain barrels are a plus for gardeners, taxpayers, and nature lovers. Photo contributed by Jan Riggenbach

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Parents @ Play: To tech or not to tech? How about both

BY ARMIN BROTT AND SAMANTHA FEUSS
Tribune News Service

Although we love toys that don't have an on/off switch, there's definitely a time and place for apps. Here are two very clever games that combine tablet and touch, a sleek tablet, and something totally low-tech.

■ TIGGLY

Recent research shows that young children are spending so much time on tablets that they their muscle tone and hand-eye coordination aren't developing the way they should. That's where Tiggly comes in. Tiggly develops interactive apps that incorporate object manipulation to help kids build spatial- and fine-motor skills, creativity and reasoning. Tiggly Counts is an award-winning math-learning game for kids 18 months to 6 years old. To get the correct answers to simple math questions, kids have to physically put the right number of special Tiggly devices in the right place on the screen. Tiggly Shapes brings the same basic technology to shape- and pattern recognition. Each

game comes with the appropriate devices and several additional apps. They're colorful, entertaining, educational, and kids can play by themselves or with mom and dad. For Android and iOS (sorry, Windows Phone). \$30 on <http://get.tiggly.com/counts>.

■ PAINTING LULU

Part coloring book, part app, Painting Lulu is a delightful blend of technology and design. It starts with an actual paper coloring book (remember those?) where kids start their drawings. Then they (or a nearby adult) scan their drawing into a tablet using the free Painting Lulu app. The art shows up on the screen, where those little artists can color, erase, retouch and change as much as they'd like (using the included digital crayon, of course — wax and screens are not a good combination). When the masterpiece is complete, print it out and send it off to Grandma and Grandpa. For iOS and Android devices. Sells for \$9.99 on <http://www.paintinglulu.com>.

■ CAMELIO TABLET (VIVITAR)

The Camelio Tablet is great for families who would like everyone to have a tablet but

don't want to spend the dough on each one; hey, those things can get pricey. Camelio features Android 4.1 and can accommodate up to five users using "Personality Packs." Those packs allow each user to customize wallpaper, camera, widgets, lock screens, games and, of course, include a themed skin for the device. Prices vary. <http://www.cameliotablet.com>

■ BURG SMARTWATCHES

There are a lot of smart watches out there, but BURG watches are among the very few stand-alone phones, meaning you can make and receive texts and calls without being connected to any other device (although you can if you want to). BURGs accept SIM cards, so you can take them on the road, and you may be able to add yours to your wireless family plan. Features vary widely depending on the model. The BURG 25 has a 2.0MP camera, step- and calorie counters, and GPS. The 16A doesn't have any of those. But both have MP3/MP4 players, Bluetooth, calendar, calculator, alarm, and can store up to 500 contacts. Prices vary by model. At major retailers and www.burgwearables.com.

Time for a Cut and Color

Thinking about hair color? Thinking about hair color. Thinking about hair color! Stay copper red. Go pale blonde. Go natural. What is natural? How to decide?

I am all about color right now. Last March I bought a condo at Lake Panorama. Last May a tornado took out all eight of the units in my strip.

As a person who wanted one more new home in life but did not want to build from scratch I got both. Eight owners had to select everything to rebuild our summer places or our permanent homes.

In replacing some pieces that were not replaceable I selected some wonderful bright colors in furniture and chairs. Wall colors will be more intense but not flashy. Some pieces had to be refinished and now look better than the day my parents bought them.

It will be a blend of history and modern, warm and cool, light and dark, and most of all, me. So I got to thinking about my hair color and when, and if, I want to make a change.

Born a blonde (Norwegian with a touch of Swede for flavor), nature made me a "dishwater blonde" at puberty — what a disappointment. Became a red head in my twenties and have stayed such since. Now nearing retirement

age I wonder if I could pull off blonde again or if I would look good in silver like Helen Mirren.

There are several ways to go about this — the big color change. Start with wigs to see what you look like in the new shades. Be careful to keep the hairstyle similar to what you are wearing now so you are not deciding on style and color and get them confused. Or I could just buy a few wigs for fun and keep my red.

Decision made!

Considering a change in length or style? Go quick and easy not big and scary.

You can actually buy fringe (bangs) to try with your fringeless style. Use them to see if a new fringe is really you or to make a statement once in a while.

And if you go with actual fringe consider whether they can just cover your brows or go really short to reveal a face framing look or somewhere in between.

Try a color-enhancing shampoo to enrich your look. Ask your stylist for advice on this of course.

Oh, and your stylist has quick fixes for those stress highlights (gray hairs). Color WOW is the product and it's new. A mineral powder it will weather some shampooing temporarily.

And when we change our color or our style we have to change our makeup. Remember the cut or color's purpose is to make you look better.

A dramatic cut or color change requires consideration of what you want to feature — facial drama. Lash extensions can make a statement. But don't make all your features stand out. Select one that you want to focus on and do it to go with the new look of style or color.



MARY CLARE LOKKEN

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- Dave & Dianne Brotherson

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Dinner by the bowlful

BY ELLISE PIERCE
Fort Worth Star-Telegram

PARIS, TX — I've collected bowls for years.

Big ones, little ones, and bowls shallow and deep. I use bowls not just for eating out of but for collecting keys and glasses, keeping bedside-table necessities wrangled, for storing

rolls of twine and string in the kitchen, or just about anything else.

My mom collected bowls, too, and so did my grandmother. I blame my obsession on genetics.

When I moved to Paris more than eight years ago, I began what has turned into a far too large collection of cafe au lait bowls, some vintage and some

not. My favorites are actually plain cornflower blue ones I bought at the grocery store for a couple of euros apiece. They're a great size for soups and Texas chili, but I also put oatmeal and yogurt in them.

Then I discovered shallow bowls with sides of about 2 inches. A cross between a pasta bowl and a dinner plate, these

bowls have become my go-to for just about everything that's not a chunky bowl-centric meal, from salads and lentils to Asian food.

If given the choice, I will choose to eat out of a bowl over a plate every time. To me, bowls are just more comforting. They're like the homemade quilts of dinnerware, perfect for snuggling up with when it's cold outside.

Crispy Chicken Burrito Bowl

Makes 4 servings

1/3 pound boneless skinless chicken breasts (about 2)
1 cup buttermilk
2 cups Doritos crumbs (about 5 ounces)
3 tablespoons chile powder
1 teaspoon cumin
4 cups cooked brown rice
2 cups black beans
2 cups corn
Lime-cilantro yogurt, recipe follows
Lime wedges, for serving
Chopped cilantro, for serving

Heat the oven to 375 degrees and line a cookie sheet with foil (for easy clean-up).

Put the chicken breasts in a heavy-duty plastic bag and, using a rolling pin, pound them down until they're even and flat (about 1/4 inch thick). Remove chicken from the bag and cut into 1-inch-wide strips, then into 2-inch pieces.

Place chicken pieces in a bowl and pour the buttermilk over them.

Mix the Doritos crumbs, chile powder and cumin in a shallow bowl.

Put a few chicken pieces at a time into the Doritos-chile mixture, tossing to make sure

they are well covered, then lay out on a cookie sheet. Work in batches until all are coated. Bake for 13 minutes.

While the chicken's cooking, warm the rice, beans and corn in separate saucepans, or in the microwave.

Take the chicken out of the oven and let it rest 3 or 4 minutes while you assemble the bowls. In each bowl, layer: 1 cup of brown rice, 1/2 cup of black beans, 1/2 cup of corn. Now add 1/4 of the chicken. Drizzle some of the lime-cilantro yogurt on top, or serve on the side, along with lime wedges and chopped fresh cilantro.



Warm tuna and white bean salad is a winterized version of a classic Italian salad. Photo by Ellise Pierce/Special to the Fort Worth Star-Telegram/TNS

Lime-Cilantro Yogurt

Makes 4 servings

11 ounces Greek yogurt
A big handful of fresh cilantro
1 clove garlic
Juice of 1 lime (about a teaspoon)
1 tablespoon olive oil
Pinch sea salt

Put all of the ingredients in your food processor and puree. Taste and adjust for seasonings. This is best when refrigerated for a half-hour to an hour before serving.

Nutritional analysis per serving with lime-cilantro yogurt: 757 calories, 21 g fat,

115 g carbohydrates, 32 g protein, 29 mg cholesterol, 463 mg sodium, 17 g dietary fiber, 29 percent of calories from fat.

Nutritional analysis per serving without lime-cilantro yogurt: 674 calories, 16 g fat, 109 g carbohydrates, 28 g protein, 24 mg cholesterol, 377

mg sodium, 17 g dietary fiber, 21 percent of calories from fat.

Nutritional analysis per serving of lime-cilantro yogurt: 83 calories, 5 g fat, 6 g carbohydrates, 4 g protein, 5 mg cholesterol, 86 mg sodium, trace dietary fiber, 49 percent of calories from fat.

Asian Tofu and Veggie Stir-Fry

Makes 2 servings

3 cloves garlic
2 tablespoons fresh ginger
1 Thai chile
1/4 cup soy sauce
2 to 3 tablespoons fish sauce

2 tablespoons honey
2 tablespoons lime juice
2 tablespoons peanut oil
8 ounces firm tofu, cut into cubes
4 to 6 heads baby bok choy,

leaves separated and well rinsed
4 carrots, peeled and shredded with peeler
4 cups cooked brown rice
2 green onions, chopped
Lime wedges, for serving

Make the stir-fry sauce. Put the garlic, ginger, Thai chile, soy sauce, fish sauce, honey and lime juice in a blender or baby Cuisinart and blend. Set this aside.

Put the peanut oil in a wok or skillet and turn the heat to high. When the oil is hot, add the tofu and fry until browned on all sides. Remove and place on a paper

towel-lined plate to drain.

Pour off the rest of the oil and add the bok choy and carrots to the wok along with about 2 tablespoons of the sauce. Stir-fry until the bok choy wilts, add the tofu, and the rest of the sauce. Toss and divide between two shallow bowls with 2 cups of cooked rice on the bottom. Garnish with chopped

green onions and lime wedges.

Nutritional analysis per serving: 861 calories, 25 g fat, 142 g carbohydrates, 24 g protein, 2 mg cholesterol, 2,217 mg sodium, 14 g dietary fiber, 25 percent of calories from fat.

— Inspired by a recipe from Pinch of Yum website

Warm Tuna and White Bean Bread Salad

Makes 2 servings

This is a winter version of an Italian summer salad, and it works just as well warm as it does cold. Be sure and use the best tuna you can find, one packed in olive oil. A moist, flavorful tuna will make all the difference.

3 cups torn pieces of stale bread (about 1/2 of a baguette)
2 tablespoons olive oil

1 (5.6-ounce) can tuna in olive oil
4 or 5 large basil leaves, torn
1 shallot, minced
12 cherry tomatoes, halved
1 teaspoon capers
1/4 teaspoon red pepper flakes
1 (14-ounce) can white beans, drained and rinsed
2 tablespoons red wine vinegar

Heat oven to 400 degrees. Toss the bread pieces with the 2 tablespoons of olive oil and spread on a cookie sheet. Bake until crisp, about 10 minutes. Pour into a bowl to cool.

Pour a couple of tablespoons of olive oil from the tuna can into a medium skillet over medium-high heat. Add the basil leaves and shallot and cook until you can smell them both, about 3 or 4 minutes.

Add the tomatoes, capers and red pepper flakes, and cook until the tomatoes begin to soften, about 5 minutes.

Add the tuna and gently

break it up with the back of a wooden spoon. Add the beans and let them warm through, too.

Add the red wine vinegar to the skillet and stir in.

Pour mixture into the bowl with the croutons, toss and serve right away. Garnish with additional basil leaves if you'd like.

Nutritional analysis per serving: 709 calories, 23 g fat, 81 g carbohydrates, 44 g protein, 14 mg cholesterol, 699 mg sodium, 11 g dietary fiber, 29 percent of calories from fat.

After a hard winter, a passel of pastels

BY ELIZABETH MAYHEW
Special to the Washington Post

Usually I groan when I see Easter candy and decorations migrate into the drug and grocery store aisles well before the actual holiday, but not this year. This year, I want to buy all the plastic green grass and brightly colored eggs and spread them across the barren winter landscape. I want to force daffodil, hyacinth and tulip bulbs in every pot I own and put them in every corner of my house. After this cold, white winter, I need (deserve!) to surround myself with doses of bright, cheery, jellybean colors.

Unfortunately, my weather-induced craving for sunny hues is completely out of sync with Pantone's pick for color of the year, Marsala. It is a rich, earthy red-brown named after the fortified red wine from Sicily. Leatrice Eiseman, the executive director of the Pantone Color Institute, describes the color as a "subtly seductive shade, one that draws us in to its embracing warmth." The color does indeed connote warmth, but to me it's the kind of warmth reminiscent of the smoky, alcohol-drenched nights of the 1970s — a color that is present in just about every scene of the 2013 film "American Hustle." No doubt the movie had influence; Pantone looks to fashion and Hollywood as harbingers of color trends. My suggestion to Pantone: Consult a few meteorologists and the Farmers' Almanac as well as runways and movie reels. This winter calls for more than just warm colors; we need happy ones.

I am fully aware, however, that many people are Crayola color-phobic. I understand why; if not used properly,



colors, especially bright ones, can make your living room look like a kindergarten or worse, a Marvel comic. Follow these four tips to keep cheery colors in check.

■ Use color as an accent, not a focus. I have several clients who are color-averse — they like rooms that are all white, gray and/or neutral. Recently, I have nudged a couple of them to add hints of color to give their spaces a lift. My reason: If you keep a room all neutral without any color pops, you have nothing to guide your eye through the space — your room ends up looking like one boring beige blob. Adding small pops of color is like accessorizing an outfit — think colored earrings or a necklace on a woman, a colorful tie or pocket scarf on a man. Try small strokes of color, not huge ones. In general, I like to have three to five colorful elements peppered throughout a room. Don't glop them all together. And remember, a book jacket, flower or candle can add just as much color as a throw, pillow or tray.

■ Let color flow. In the same way that you want to spread pops of color throughout a room, you want to carry those pops of color throughout your house, particularly if your house has an open plan. You should always consider how color flows from one room to another. For example, if your living room opens onto your foyer, use pops

of the same color to unite them.

Blue pillows and a blue lamp in your living room? Try a blue vase on your front hall table.

■ Use a paint deck for guidance. Paint decks usually show a gradation of color from light to bright (or dark). When you choose a bright accent color for your room, complement it with items that represent the full spectrum of that color, just as you would see on a paint deck. By layering the lighter shades of a color, you make the brightness of that color less pronounced. For example, you might layer a sage or mint green pillow with a Kermit the Frog-green pillow on a sofa.

■ Ground colors with black, brown or gray. Any color in the spectrum looks good — and more sophisticated — when it is offset by strong, dark colors like black, dark brown or gray.

As you have no doubt gleaned, I am not buying into the Marsala trend. No Marsala-colored throw or coffeemaker for me (although should you be interested, both Keurig and Black & Decker have machines in the clay-colored hue). Instead, I am lifting my spirits — and my rooms — with candy colors.



Group colorful sculptural vases of varying sizes on a bookcase, windowsill or table. Check out CB2's Askew vases, from \$19.95.

Photo by CB2/TNS

SPENDING THE GREEN

Money is so personal. We don't want anyone to comment on our spending habits.

Now the federal government is quite different after all they are spending our money and we have every reason to be critical. But do you spend like the Federal government? Of course not.

- You don't have a trillion dollar deficit.

- You did not bail out a large corporation and then forget the details.

- You have a contingency plan.

- Your goals are prioritized; you don't spend your resources and energy on ever changing issues.

Is that true? Look a little deeper. Here is the drill:

- Do you have a deficit?

- If you are bailing out a family member, are you sure the bail-out will solve the problem?

- What is your contingency plan?

- Are your goals prioritized? What goal is most important to your long term financial security?

If you take away the zero's in the Federal government spending, it is easy to see that many families are a little like the Federal government. At least you don't have to deal with partisan politics, or do you?

Here is a plan to take control of your financial future:

The first step: eliminate partisan differences.

GATHER ALL FINANCIAL DECISION MAKERS.

- List your strengths.
- List your weaknesses.
- Come to an agreement/understanding about your strengths and weaknesses.
- Gather support for a plan to enhance your financial strengths and improve/eliminate your financial weaknesses.

DO YOU SPEND MORE

THAN YOU EARN?

- If so, you are deficit spending. If you, just like the Federal government, spend more than you earn you must commit

future (possibly unknown) earnings to pay for what you buy today.

Our grandchildren may pay for our deficit spending.

Over spending today limits your ability to invest for your future. If you don't plan and invest for your future, who will pay for you?

ARE YOU BAILING OUT

A FAMILY MEMBER?

- Make sure you help this person become independent. Limit your help and encourage self reliance.

WHAT IS YOUR

CONTINGENCY PLAN?

If your income is reduced will your cash reserve pay expenses for six months?

ARE YOUR FINANCIAL

GOALS WRITTEN?

- Written goals keep you focused on what is most important.
- Without written goals you are likely to divert money necessary for long term savings to current day pleasures.

WHAT IS YOUR MOST

IMPORTANT GOAL?

This is a tough decision; if you have multiple financial goals, which goal is most essential for long-term financial security?

Now is a good time to consider the long term cost of your goals.

- What is the cost of your goals today? — Factor in the effect of inflation.
- What must you save today and into the future to make your goals a reality?
- What changes will you make today to fund your goals? — Make sure to get partisan agreement about the goals and method to achieve these goals.

And then congratulate yourself ...
Because Life is more than Money.

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The treasure that is the National World War II Museum in New Orleans

BY JILL SCHENSUL
The Record (Hackensack, N.J.)

In the darkness of the theater, the numbers appear. They come at you, really, daring you to absorb them:

Soviet Union, 24,000,000
China, 20,000,000
Poland, 5,600,000
Japan, 3,100,000
U.S.A., 518,000
Germany, 8,800,000

These are the number of dead, by country, in World War II. A total of 65 million, more than all other wars to that point combined.

Visitors get a sobering taste of submarine warfare from the feature "Final Mission: The USS Tang Experience."

"Beyond All Boundaries," the much-praised film that is a centerpiece of the National World War II Museum in New Orleans, slaps you into awareness. Awareness of a reality that, as the "Greatest Generation" veterans

slip away, we are in danger of forgetting.

The movie, narrated by Tom Hanks, its executive producer, is in "4-D." The 3-D is accomplished without needing those special glasses, and the fourth D reaches into the audience — wind blows, the theater's seats shake, smoke billows. The movie like the museum wants to engage all generations; that's why you need that extra "D" these days.

Still, as the film proceeds (it takes us through the Pacific Theater and Africa in addition to Hitler's march through Europe), the actual events upstage any theatrical booms and quakes.

The bigness is difficult to wrap your mind around. But in one section on the brutal Battle of Saipan, when just the center screen is illuminated, with shots of the consequences of war — a woman jumping off a cliff to commit suicide, a GI giving his canteen to a child and a GI holding a tattered Imperial Japan

flag amid ruins — there is an image of a shivering Japanese girl, maybe 5, and all alone. It is just a quick image, a blink in the spectrum of this devastation.

But you see her shiver. You can feel it.

Basically, this is what will move you. Individuals. The stories of individuals, of each person, each one of the ones that make up the 65 million dead — along with those who survived, of course. The stories bridge the gap of time and place. And one hopes they will lead to understanding. Remembering. Incorporating the lessons of war into the minds of generations that followed.

That is exactly the mission of the museum, what Stephen Ambrose, the historian and writer, had in mind when he began gathering support for it. Ambrose, a longtime professor of history at the University of New Orleans, wrote not only biographies of Dwight D.

Eisenhower and Richard Nixon, but historical best-sellers, including "Band of Brothers." When he founded the Eisenhower Center at the university in 1989, its mission was to study the consequences of war. So his first project was collecting oral histories from World War II veterans about their experiences. He collected their words and also thousands of artifacts from veterans as he interviewed them.

All this formed the foundation of the museum, which he saw as a place that would reflect "his deep regard for our nation's citizen soldiers, the workers on the home front and the sacrifices and hardships they endured to achieve victory," according to its president. Ambrose got a lot of heavy hitters to help support the museum — Hanks, Steven Spielberg and state and federal governments. It opened in 2000, and in 2003, Congress designated the museum as "America's National World War II

The National WWII Museum is made up of three buildings, including the Atrium in the Louisiana Memorial Pavilion, which features rotating macro-artifacts from the museum's collection — including a Douglas C-47. Photo by Jill Schensul/The Record/TNS



Museum." Ambrose, however, died in 2002, so he never knew of the extra import that would be given to the museum he founded.

From its one original building, the museum has expanded to three and is planning more. Currently exhibitions are organized in three main pavilions around central themes of the war.

The Louisiana Memorial Pavilion showcases the large artifacts of the war and exhibitions about D-Day, the home front and the Pacific. Here you'll find the Solomon Victory Theater, which shows "Beyond All Boundaries"; also the Stage Door Canteen, where the music and entertainment of the generation come to life.

The John E. Kushner Restoration Pavilion is where staff and volunteers restore artifacts in public view. Make sure you stop by the American Sector Restaurant and Soda Shop — atmospheric and friendly, with old-fashioned tunes and USO photos.

The U.S. Freedom Pavilion, the most recent addition, features exhibitions and interactive experiences that illuminate the story of a country mobilizing for war. At its heart is the Campaigns of Courage section, with its new Road to Berlin: European Theater Galleries.

There's a lot to see in this museum — truly, you need at least half a day, or consider breaking up your visit into two days so you have time to digest it all. But there are two other special features of the museum (well, at least two) not to miss.

"Final Mission: The USS Tang Submarine Experience" requires buying a supplementary ticket, but it's worth the \$5. You will get an interactive experience of being aboard the most successful submarine in World War II, boarding as it sets off on its fifth (and final) war patrol on Oct. 25, 1944. You're assigned a workstation down in the control room — I never did figure out how to work my various wheels and dials, but it soon didn't matter. Above us through a glass window, we could see the prow of a Japanese warship and hear the buzzing of alarms and the shouting of instructions. I stood looking up, mouth open, helpless, along with my fellow sub mates as we began to understand we were under attack. We were gaining an understanding what the "final" in the title of the experience actually meant. I had no idea — as the men on Oct. 25, 1944, had no idea. But for them it was real.

The other feature to watch out for at the museum is "Dog Tag Experience," which allows you to follow one person's story through the war. When you pay for your ticket, you receive a dog tag that you can then register at a kiosk in the Campaigns of Courage section of the museum. You "follow" a real person in the museum

database: Whenever you notice a dog tag station at various points throughout the exhibition, you can access additional information about the person you're following and his or her experiences at that point in time.

The moment I entered the Louisiana Memorial Pavilion, I was waylaid. After gasping at the enormous planes suspended from the ceiling, I noticed a familiar-looking craft to my left. It was, I learned from the signage, a Higgins Boat, a replica of one used for the D-Day landing in Normandy. It also explained one reason the museum is in New Orleans: When the military in the late 1930s began developing small boats that could carry troops from ships to open beaches, they eventually discovered Andrew Jackson Higgins of New Orleans, who had been manufacturing shallow-water work boats to support oil and gas exploration in the Louisiana bayous. Higgins adapted his designs for the military's specifications; he and his 30,000 workers went on to make every landing craft used in the war.

Right next to the Higgins display was a long metal table, and near the far end sat two men, one sporting military medals, the other with a gray, unruly beard. Behind the man with the medals was a sign: "I was there! Meet Forrest Villarrubia, USMC, WWII veteran. Pacific Theater."

Both men were veterans, willing to answer questions, or welcome other veterans, to the museum. On the table beside them was a photo of a man who had just died. I asked them about Thomas Blakey.

Blakey was an Army paratrooper who landed behind enemy lines early on D-Day to capture and hold a bridge to keep Germans from sending reinforcements to Utah Beach. He was 94 when he died, Villarrubia said. He had logged 15,000 hours as a volunteer at the museum.

After his death, there was a memorial service for Blakey. Gordon "Nick" Muller, president and CEO of the National WWII Museum, gave the closing remarks.

"He gave his spirit and memories to millions of visitors," Muller said. "To all of us in this room, Tom Blakey was the very heart and soul of this museum."

I thought about 15,000 hours of telling stories. I thought about 94 years of living. I thought about 65 million people dying. I hadn't even begun to explore the place, but already I was grateful for the opportunity it provided to learn the stories of individuals, as many as I — and the million other visitors — could.

So their memories, and what made them the Greatest Generation, might live on.

National World War II Museum

WHERE: 945 Magazine St., New Orleans. The entrance is on Andrew Higgins Drive. The museum's parking lot is on Magazine Street and charges \$10 for seven hours.

HOURS: 9 a.m. to 5 p.m. daily. Closed Mardi Gras Day, Thanksgiving Day, Christmas Eve and Christmas Day.

HOW MUCH: \$23; seniors 65-plus, \$20; students and military, \$14. WWII veterans admitted free.

Admission to "Beyond All Boundaries" and "The Final Mission" both require an additional \$5 entry ticket, and times are reserved. You can also purchase a second-day entry for \$6.

A special all-day Behind the Lines tour of the museum includes a visit to parts of the collection not on view to the general public; access to a Sherman Tank; lunch with a museum curator in the private dining rooms at the museum; and more. Limited to 11 guests. Prices from \$345 per person or \$650 for a couple. Reserve on the website or call 877-813-3329 ext. 257.

MORE INFO: 877-813-3329, nationalww2museum.org

ACCESSIBILITY: The museum is fully accessible; a limited number of wheelchairs are provided at no charge. Assisted Listening Devices are available for "Beyond All Boundaries," ask at the visitor services desk in the Solomon Victory Theater. Sign language interpretation is also available for the film, if you email visitorservices@nationalww2museum.org at least 48 hours before your arrival.

How do you 'go green' with your fitness?

BY KECIA PLACE-FENCL
Contributing writer

As I sat down to write about "going green" with fitness, I quickly realized that what I think of when I hear the phrase "going green" as it relates to fitness is probably very different from what others think. For me, "going green" happens when I complete a workout and enter my data for that workout into my Training Peaks account. When I complete the workout as planned, the box for that workout turns green. If I go over or under the planned workout by a significant amount of time, the box turns yellow. If I miss a workout completely, it turns red. My goal for each week is to turn all of the boxes in my Training Peaks account green by completing my scheduled workouts as planned. This does not always happen. There are days when life interferes with completing my workouts as scheduled and I may have a workout that does not turn green. After all, Kermit the Frog

was right when he said, "It's not easy being green." However, when I complete all of my workouts as scheduled for the week and turn all of my boxes green, I am more confident, I feel stronger and I truly believe in my abilities. All of these factors help set me up for success in future races.

When others think of "going green" with fitness, they try to reduce their carbon footprint by finding ways to use fewer resources, help clean up the environment and reduce waste. Some people walk or ride their bikes to work, to the gym, or to run a few errands. Instead of watching television in the evenings, go on an outdoor adventure with friends; you can ride bikes, go for a walk, or run around town. While enjoying your outdoor adventure, help clean up the environment by picking up litter and properly disposing of it. Living in Iowa, there is the added 5 cent incentive for each can that you pick up and turn into the can redemption facility, so why not make a little extra money while

you workout? If you are going to the gym to workout, help reduce waste by taking a reusable water bottle with you and refilling it from the drinking fountain. Most of the newer drinking fountains tell you how many plastic water bottles have been saved due to the use of this machine. How awesome is that?

Some people who engage in fitness on a more regular basis may use technology and/or electronic devices to help them track a variety of statistics about their workout. When preparing for your next workout, remove technology and/or electronic devices and focus on enjoying the moment and having fun. When you have fun, there is no need for keeping track of distance, pace, heart rate, speed or power.

With all of these creative ways to "go green" with fitness, I challenge you to think outside of the box and "go green!"

***Before you begin any exercise routine, you should consult your doctor.*

9	10	11	12	13	14	15
 1:00:00 Strength Training & Core Strength training and core. P: 1:00:00 C: 1:00:00	 7.03 mi Half and Half After a 10 minute warm-up, run the first half at a comfortable pace. Run the second half at 30-60...more... P: 1:10:00 C: 1:10:00	 2300 yds 5x200 Warm-up: 300 swim, 4x50 drills Main Set: 6x50 (increase intensity with each repeat, 15 sec) 5x2...more... P: 0:50:00 C: 0:50:00	 0:45:00 TRX Teach and participate in TRX. P: 0:45:00 C: 0:45:00			 0:30:00 Core Workout Perform 20-30 minutes of core strength and stability work. Be sure to do exercises for low back, ...more... P: 0:30:00 C: 0:30:00
 14.7 mi Trainer: 3xLadder Warm up for 10 minutes. Then do the following: 3x3 min Z4 (with 2 min recovery between) Spin 4...more... P: 1:00:00 C: 1:00:01	 2400 yds Race Pace & Faster - 2800 Warm up: 100 swim, 100 kick, 4 x 75 (50 build, 25 cruise), 200 drills Main Set: 2 x 200 faster...more... P: 1:00:00 C: 0:55:00	 18.0 mi Z2 Ride w/ Z4/5 work Ride primarily in Z2. Incorporate 4 intervals in Z4/5 for 3-5 minutes each burst (change up the ...more... P: 1:30:00 C: 1:28:06	 6.02 mi HILL 1 Warm-up for 10 minutes running, building into Zone 2. Then for the next 14 minutes, alternate 2 m...more... P: 0:55:00 C: 0:55:00			 1200 yds Swim Clinic 9-1 Swim Clinic in Cedar Falls P: 4:00:00 C: 4:00:00

Photo contributed by Kecia Place-Fencl

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Living Smart: 5 efficient bathroom-storage solutions

ANGIE'S LIST
Tribune News Service

Six in the morning on a Monday — your alarm goes off. After rolling over and pressing snooze more times than you'd like to admit, you spring out of bed and run to your messy bathroom, knowing you have less than 20 minutes to get ready.

You spend the first five minutes searching for the hairbrush. Frustrated and behind schedule, you realize you can no longer wait to find a storage solution for the clutter.

Professional organizers say maximizing the space in your bathroom makes it more efficient and leads to happier mornings. "It saves you time," says Tammy Atchison, owner of The Busy Corner in Houston. "If you have storage solutions and a routine, then you aren't scattered to find things."

For better bathroom storage, follow these five organization tips.

DISCARD UNUSED ITEMS

"First, you have to touch everything and make sure you need everything that you have," says Tova Diamond, owner of Everything Has a Place in Nevada City, Calif.

Go through the medicine cabinet.

Properly dispose of any expired medications. Do you have six types of shampoo? Recycle the bottles, or give them to a friend. Getting rid of unused toiletries provides more space to store what you really need.

CONTAINERIZE YOUR GOODS

Diamond recommends using containers to organize your bathroom accessories.

She says to use different sizes to fit different items. They can be cardboard, metal or plastic. "You can pick and choose depending on your aesthetic preference and price range," she adds.

Save money by using what you already have, such as the boxes your checks come in, Diamond says.

USE DRAWER DIVIDERS

"Drawer dividers are the most important purchase anyone can make for their bathroom," says Diana Luck, a professional organizer in Portland, Ore. Use them to help keep your bathroom items compartmentalized.

She adds that everything used daily should have a place on the counter. Neitra Blair, owner of Organizing Lifestyles in Houston recommends keeping makeup used daily in a small three-tiered plastic container. Anything not used

daily should be stowed in its own space in a drawer or cupboard.

UTILIZE SPACE THROUGHOUT THE BATHROOM

Susan Stewart, owner of Perfectly Placed Organization & Design, in Phoenix and St. Louis, recommends over-the-door baskets to make use of the back of the cabinet door. Custom shelves or narrow sliding baskets fit around plumbing fixtures below the sink.

Blair says there are great products for hanging hair dryers and curling irons on cabinet doors or attaching them to walls.

You can also make use of the wall space by attaching containers to the wall for towels or other bathroom accoutrements.

THINK OUTSIDE THE BOX

In small bathrooms without ample built-in storage, Stewart recommends over-the-door shoe holders with clear pockets to hold hair accessories. She says it's especially helpful to do this when there are multiple children in the household.

A lazy Susan is often associated with the kitchen, but Stewart says they can be great in bathroom cabinets for bottles that stand upright.

Fight Cancer with Color!

April marks National Cancer Control Month, a time to renew our efforts to control cancer at all stages — prevention, detection and treatment. Focus on modifiable lifestyle choices such as quitting tobacco, limiting alcohol consumption, increasing physical activity, and eating a healthful diet. The American Institute of Cancer Research (AICR) recommends we fill two-thirds of our plates with vegetables, fruits, whole grains and beans.

While no single food can eliminate cancer, a balanced and varied diet can help us control cancer. Fruits and vegetables supply beneficial nutrients, directly helping our bodies fight cancer; without added ingredients, they also indirectly reduce our cancer risk by helping us maintain a healthy weight. Whole grains and legumes are packed with fiber, which keeps us feeling satisfied and energized, but has also been shown to be effective in reducing risk of developing some types of cancer.

Choose colorful fruits and vegetables that are fresh, frozen, canned or dried without added sugar, salt or fat; your best bets are apples, berries, dark leafy greens and cruciferous (broccoli, cauliflower, etc.) vegetables. Try oatmeal, whole-wheat bread, quinoa, brown rice and so many more for your whole



AMY CLARK

grains. And think about having beans — black, kidney or your own favorite — available to easily toss in salads or soups.

Remember the rainbow as you shop and make your cart colorful! Try to include these AICR top cancer-controlling foods more often:

Red — strawberries, raspberries, apples

Blue — blueberries

Green — broccoli, Brussels sprouts, cabbage, romaine, kale, spinach

White — cauliflower, garlic

Brown — whole wheat, oats, quinoa, flaxseed, beans, lentils

Although we can never fully eliminate our risk of developing cancer, and no one food can prevent cancer, by following the recommendation of making healthful food choices more frequently, working to eliminate tobacco, lowering alcohol consumption, and increasing our physical activity, we are taking charge. Follow nature's beautiful colors and find yourself down the path to controlling cancer.

Amy Clark received her Bachelor of Science Degree in nutrition and dietetics from Iowa State University in 2003 and completed her dietetic internship at Iowa Methodist Medical Center in 2004. She is a member of the Academy of Nutrition and Dietetics and Iowa Academy of Nutrition and Dietetics.

Amy completed CDR Certificate of Training in Adult Weight Management in November 2006. This information is not intended to be medical advice.

Brussels Sprouts with Walnut-Lemon Vinaigrette

Serves: 4 (3/4 cup each)

Source: Eating Well

All you need:

1 pound Brussels sprouts, trimmed and quartered
2 tablespoons walnut oil
1 tablespoon minced shallot
1/4 teaspoon freshly grated lemon zest
1 tablespoon lemon juice
1 teaspoon whole-grain or Dijon mustard
1/4 teaspoon salt
Freshly ground pepper, to taste

All you do:

Place Brussels sprouts in a steamer basket and steam in a large saucepan over 1 inch of boiling water until tender, 7-8 minutes.

Meanwhile, whisk oil, shallot, lemon zest, lemon juice, mustard, salt and pepper in a medium bowl. Add the sprouts to the dressing; toss to coat.

Nutrition per 1 serving: 108 calories, 7 g total fat, 1 g saturated fat, 0g trans fat, 0 mg cholesterol, 188 mg sodium, 405 mg potassium, 10 g carbohydrate, 3 g fiber, 3 g protein

Southwestern Black Bean Spaghetti

Serves: 6

All you need:

1 (7.05 oz) package Explore Asian Authentic Cuisine black bean spaghetti shape noodles
2 teaspoons olive oil
1 tablespoon minced garlic
1 (8 oz) package Monterey sliced baby bella mushrooms
1 small onion, diced
1 green pepper, seeded, cored & diced
1 tablespoon olive oil
1 (11 ounce) can chipotle corn
1 (14.5 ounce) can no-salt-added fire roasted tomatoes
1 (8 oz) package Frontera green chile enchilada sauce
1 (8 oz) package Greek yogurt cream cheese, softened
Cilantro, chopped, optional

All you do:

Follow package directions for noodles.

Meanwhile, heat a large pan on medium heat. Add olive oil and garlic. Sauté for 1 minutes. Add mushrooms, onion and green pepper. Sauté for 2 minutes. Add corn and tomatoes, switching to low heat.

In a small bowl, mix together the enchilada sauce and cream cheese. Add cream sauce to vegetable mixture.

Separate black bean spaghetti evenly among 6 bowls. Top each bowl with cream sauce. Garnish with cilantro.

Nutrition per 1 serving: 310 calories, 9g total fat, 3.5g saturated fat, 0g trans fat, 15mg cholesterol, 480mg sodium, 32g carbohydrate, 11g fiber, 25g protein; 20% vitamin A, 50% vitamin C, 25% calcium, 30% iron

Name: Marlene Warren Ehresman

Age: 62 | **Position:** Co-founder & Executive Director, Iowa Wildlife Center | **Family:** husband, Bruce Ehresman; two adult sons, Drew and Daniel Ehresman and their families

What would you do with \$1,000 to spend on yourself?

I would put the money toward a train trip that criss-crossed the country, getting off at different stations to poke around communities and national parks along the way.

Your favorite meal:

I'm not a picky eater, except that I like SLOW food, preferably locally grown and organic.

Craziest fashion you ever wore:

In high school, I had a pair of awesome elephant bottom flowered pants that I wore with a swash-buckling kind of shirt that had puffy sleeves and a tied bodice.

I never leave home without:

Cloth shopping bags and my mobile phone

Your favorite motto:

"We are each of us angels with one wing; we can fly only by embracing one

another." Luciano De Crescenzo

What makes you happy?

Being with my family and friends. Anywhere.

What makes you feel confident?

Being prepared for a presentation or board meeting or event BEFORE the "morning of".

What makes you laugh?

My one-year old granddaughter, Lily.

What have you accomplished that has made you proud?

I helped raise our two sons who became amazing adults, went back to college to finish my B.S. when I was 40, and founded the Iowa Wildlife Center, a wildlife



rehabilitation and education center, in my late 50s. Who knows what my 60s will bring?

Do you believe in New Year's resolutions? Do you have one this year?

I don't believe in resolutions per se, but several years ago a friend passed along the tradition of just choosing one word to focus on for the year. For example, one year I chose "heal" because of some physical tribulations. This year the word is "focus", which is really tough because of all the aspects of developing IWC.

Best tip to look and feel great:

Get your hair cut more often than I do, get a massage WAY more often than I do, go for a walk with a friend and smile at yourself in the mirror — you deserve all of that.

How do you take care of yourself financially?

I'm fortunate that my husband watches our finances. Our home mortgage is paid off and we pay off our one credit card fully each month. We have modest retirement funds set aside.

If you could do or be anything you want, what would it be?

Actually, I'm living my dream, as tough as it can be sometimes.

If you knew then what you know now, what would you have done differently?

I kind of like who I am now, so if I would have done something differently based on what I know now, I'd likely be a much different person. I love the saying, "When the student is ready, the teacher appears." Lessons that led to change came when I was ready to learn from them. Oh, there is one thing: I would not have played tag with my 5 year old niece while wearing a pair of slides. That led to a life-changing injury that

was not fun to go through.

How do you reward yourself?

I meet a friend for lunch or go on a little shopping excursion around Ames as a "treat" for crossing off a major task on my to-do list.

My idea of a nightmare job:

Doing anything that I didn't believe in for an unfair boss in an unethical company.

My simplest pleasure:

Sitting in the backyard reading a good book or having a good conversation with someone I love.

I crave:

Good chocolate, good beer, good music and a warm fire on a cold night, not necessarily all at once!

I secretly love:

Burnt peanuts candy

When I am an old lady:

I shall be active and loving, seeking humor, beauty and meaning in the world around me.

I am thankful for:

Ames, my hometown. And the wild lives that come my way for care.

Favorite wardrobe staple:

Decent shoes

What financial advice would you give other women?

Realize the difference between needs and wants and be happy when you've acquired that which you need. You can be ecstatic when you get what you want, but be sure you give back along the way.

How do you give back to your community?

Ah, my comment led right to your question. I have

volunteered my entire life, starting when I was a young girl helping my dad, Willard Warren, with the bookkeeping tasks for the First Congregational Church here in Ames. For 20 years, as a licensed wildlife rehabilitator, I cared for wild animals in need of help that caring Ames residents brought to me, and paid for caging, food, equipment and continuing education out of my own pocket. I guess I'm still doing that, because some of my salary is going right back into the Iowa Wildlife Center! I currently volunteer for various events, like Ames Reads Leopold or help at Story County Conservation festivals and I support other community organizations by contributing financially when I can.



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